

Preventing Falls Together

Fall-Proof Your Place of Worship

Use the following checklist to assess your place of worship for falls hazards.

OUTDOORS: ON YOUR PROPERTY

- Parking area level, smooth and free of potholes?
- Pathways into the building level, clear and free of ice and snow in winter?
- Handrails on both sides of stairs into the building?
- Steps non-slip and in good repair?
- Edges of steps marked and easy to see?
- Parking areas, paths and stairs well lit?
- Building accessible to walkers, wheelchairs etc?
- Handicapped parking close to building entrance?

INSIDE YOUR PLACE OF WORSHIP

- Floors clean, dry, and easy to walk on—not slippery?
- Floors free of hazards—no loose rugs, no cords across the floor?
- All carpeting and mats secure with no loose edges?
- Rooms, halls and stairs well lit?
- Steps non-slip and in good repair with edges clearly marked?
- Handrails on both sides of stairs?
- Elevator or ramp available to reach upper floors?
- Washrooms accessible, well lit, and free of clutter?
- Toilet grab bars in place?
- Light switches within reach of the doorways?
- Seating sturdy and comfortable?
- Enough space to allow seating, easy passage for walkers, and parking for wheelchairs?



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Anyone can fall, but as we get older, our risk of falling increases as does the severity of the injuries resulting from falls. In Canada, falls cause 65% of all injuries to seniors.

One out of every three Nova Scotian seniors will fall this year, and more than half of these seniors will fall more than once.

Falling is one of our most under recognized health problems. Falling, and the risk of falling, is a part of everyday life for seniors. But we can prevent many falls.

Preventing Falls Together is a program of Community Links funded by Nova Scotia Health Promotion and Protection. The program helps local groups, volunteers and organizations work with seniors to prevent falls at home and in the community. We believe that preventing falls can be part of day-to-day life in organizations and communities as well as for individual seniors.

Please find on the reverse side of this letter a list that details important factors to check inside and outside your place of worship so that you can identify and eliminate some of the hazards that could cause falls. We encourage you to use this resource, and refer to it often, so that you can implement changes to help keep members of your congregation safe and healthy.

By working together to prevent falls, we can help seniors continue to be active participants in their religious community. Making our places of worship safer for seniors will make them safer for us all.

We would be pleased to meet with groups in your community to conduct presentations on the impact and causes of falls to seniors and provide prevention strategies. For more information about the *Preventing Falls Together* program or to get involved with a coalition in your area, please contact:

Program Coordinator:

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Funded by the NS Department of Health Promotion and Protection

